

## **Dummy Drag**

### **Description of the exercise:**

At the instructor's signal, the student will grasp the dummy and drag it one hundred feet (100') to the finish line. The applicant may drag or carry the dummy in any manner he/she wishes. The time will finish when any part of the dummy crosses the finish line.

### **Equipment to be used:**

There will be one (1) one hundred and sixty-five pound (165 lb.) mannequin.

### **Measures:**

This exercise measures the muscular strength and endurance of the applicant.